

Saleh M. Hallak

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Objective: To secure a challenging and rewarding position that offers a career with growth and advancement.

Education: San Diego Community College District Culinary Arts Program-2014

Adelanto Adult Education- 2003

Strive Training Program – 2011

Summary of Qualifications

- Hospitality trainee/Culinary Arts Training
- Excellent communication skills
- Exceptional customer service skills, attention to detail, and organizational skills
- Skills in Microsoft Word, Microsoft PowerPoint, and Microsoft Outlook

Work Experience

Cook

December 2012-

Present

San Diego American Addiction Center, San Diego CA

- Lead cook duties including overseeing all menus, executing schedules, inventory of all food products, and monitoring refrigerator temperatures
- Preparing meals for clients with specific dietary restrictions
- Daily overseeing of over 40 clients
- Ensuring all meals have nutritional value
- Making sure all sanitation expectation have been meet

Cook

Motor City Deli and Restaurant, San Diego CA

August 2005- June 2010

- Set up and catered major events throughout the day
- Cooked and prepared a variety of foods such as meat, poultry, and vegetables
- Portioned food products prior to cooking
- Used standard recipe cards for preparing all products
- Performed other related duties assigned by the chef

Volunteer Experience

Cornerstone Church/Turning Hearts Center

- Set up and catered events
- Assisted congregation with food bank

Feeding America

Prep Cooks Test

Multiple Choice (1 point each)

- _____ 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - ☒ c. 32
 - ~~d. 128~~
- _____ 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - ☒ c. Salad Greens
 - d. Spices
- _____ 3) What does the term braise mean?
- a. Sear quickly on both sides
 - b. Slowly cook in covered pan with little liquid
 - c. Cook on high heat and quickly
 - ☒ d. Slowly cook in simmering water
- _____ 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- a. 155 degrees F
 - ☒ b. 165 degrees F
 - c. 175 degrees F
 - d. 185 degrees F
- _____ 5) How do you blanch vegetables?
- ☒ a. Immerse for a short time in boiling water
 - b. Cook lightly in butter over med heat
 - c. Soak in cold water overnight
 - d. Rub with salt before cooking
- _____ 6) Which of the following ingredients would you pack before measuring?
- ☒ a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- _____ 7) What is Al Dente?
- ☒ a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- _____ 8) Food should be left out no more than
- ☒ a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours
- _____ 9) Which is the improper way to thaw frozen food?
- ☒ a. In the fridge
 - ☒ b. In a sink with cold water
 - c. On the counter
 - d. In the microwave

Prep Cooks Test

- 10) Which of the following can you use to put out a grease fire?
- ☒ a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
 - ☒ b. 40-140
 - c. 50-160
 - d. 30-130
- 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - b. Mince, chop, dice
 - c. Chop, dice, Mince
 - d. Mince, dice, chop
- 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
 - b. Turned towards you for better control
 - ☒ c. Turned towards the right or left at all times
 - d. Over the countertop at all times
- 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - ☒ c. Liquid
 - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - ☒ b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - ☒ b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry
- 17) What is a Julien cut?
- a. Food cut into long thin strips, matchstick
 - b. Food cut into long thin strips then turned and cut into a 1/8" dice
 - ☒ c. Food diced into finely chopped and uniform pieces
 - d. Cutting and peeling into oblong seven sided football like shapes
- 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.
- ☒ a. Sweat
 - b. Boil
 - c. Roast
 - d. Grill

Fill-in the Blank (1 point each)

Prep Cooks Test

- 19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.
- 20) Yes: to cut into very small pieces when uniformity of size and shape is not important.